



The Strategy
Y Strategaeth

OUR BRYNCYNON

YOUR COMMUNITY NEWSLETTER

Issue 2 - June 2022

Charity Number: 1067535

Welcome to Issue 2 of our community newsletter, this newsletter is an opportunity for us to communicate our good work with you and allow you opportunities to work with us on future projects. We are working on developing much needed services within our area and are keen to hear ideas on future projects or how you work with us.

Whether you are volunteering, another like minded community group, a local business, etc if you have the passion and commitment to assist us in developing the local area, we would love to hear from you.



FOOD PANTRY

We are proud to announce the opening of our fantastic 'Places Called Home' comfortable room, incorporating our brand New Food Pantry, which is available to all our community. There are no restrictions on benefits or any earnings, if you want to pop along you are more than welcome. The pantry is currently open Wednesday's from 10am-12pm.

How does it work?

We have volunteers available to assist you through the process but the idea is you may take up to 8 individual items and make a minimum donation of £2.00 to cover the costs, this donation will allow us to continue restocking the produce going forward.

We couldn't have done it without support, so a massive thank you to, Lottery Community Fund and IKEA, and the continued partnership work with Fareshare Cymru and local supermarkets!

We are always looking for donations, so if any community members or local businesses would like to donate tinned or dried foods to the pantry please let us know.

For more information please contact us on 01443 475120.



THE LISTENING PROJECT

In April, we were delighted to find out that our bid to the National Lottery's "People and Places" was successful. This means that The Listening Project will be able to continue for a further three years to develop services for older people in our community as well as keeping what is already in place. **We can't thank the National Lottery and the players enough for enabling this to happen.**

The Listening Project operates within the Lower Cynon Valley and provides:

- A befriending service for older people through Face to Face or over the Telephone.
- A freshly prepared weekly hot meal,
- Activities, identified by the older people as what they want or need, these include:
 - ◇ Bingo
 - ◇ Tea Parties and Entertainment
 - ◇ Arts and crafts group
 - ◇ Health & Wellbeing Activities

A Special Thank you to Ynysboeth Primary School for recently entertaining us and to everyone that took the time out to come to our official launch, we hope you all enjoyed as much as we did!

For Further information or to get involved with the Listening Project please contact Nina Finnigan on 07719621997 nina@bryncynonstrategy.org.



This newsletter is made Possible by:





STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
 TREFADAETH GADARN | DYFODOL SICR

BRYNCYNON COMMUNITY CENTRE

We are continuing to develop Bryncynon Community Centre and bring it back into use for the Community, We would like to thank RCTCBC for the recent funding to improve the security and make it more energy efficient with the added uPVC doors and Shutters being added.

Also thanks to Coalfields Regeneration trust we will shortly be replacing the old light fixtures to LED's to improve the lighting and making it more energy efficient for the future.



If you have an activity you would like to host we also having potential to hire out facilities at reasonable prices, please contact Lee on **01443 475120** or lee@bryncynonstrategy.org.uk



Balfour Beatty

BALFOUR BEATTY

We would like to thank Balfour Beatty for their continued support, they sent an entire team of volunteers in to use to make some necessary repairs to our garden areas, including:

- Rebuilding a fallen wall
- Re-fixing memorial tiles
- Jet Wash cleaning
- Repairs to external stairs
- De-weeding,
- Laying, Bark

This would have taken us several weeks and at a vast cost, they came with their own, materials and a large team and undertook the whole job in a day!

We look forward to working with you all on future projects!
THANK YOU FOR ALL YOUR SUPPORT!

FREE ENTRY

Bingo!

Wednesdays
at
The Feel Good Factory
 Abercynon Rd, Ynysboeth, CF454XZ

12.30pm

CASH PRIZES

The Strategy

The Strategy **RHONDDA CYNON TAF**

AFTER SCHOOL program

For ages 5-11 years

A safe and inclusive After School activities session, that provides fun, creative and physical activities

FREE

Tuesdays & Thursdays
3.30pm - 5.30pm
 Bryncynon Community Centre
 Main Road, Ynysboeth, CF45 4BX
01443 475120

BOOK EXCHANGE

A Special thanks to local community members for their generous donations we have been able to start a Book Exchange from The Feel Good Factory.

If you're an avid reader this could be perfect for you! How does it work,? It's simple we have a variety of different books available within our bookshelves. Find what you like and swap it with one of your own, or make a small donation if you would like to take one.

For further information please contact us on 01443 475120



AFTERNOON TEA PARTIES

We are continuing to host our monthly Afternoon Tea Parties with **Thanks to Trivallis** for the funding to enable us to do these! The really do go down a treat.

If you would like to attend the next one or would like to find out more. Please contact **Nina on 01443 475120** or email: nina@bryncynonstrategy.org.

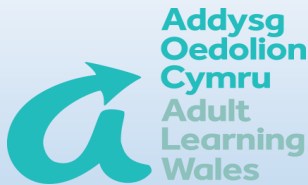
Bryncynon Community Revival Strategy Ltd, The Feel Good Factory, Abercynon Road, Ynysboeth, Mountain Ash, CF45 4XZ - 01443 475120

www.bryncynonstrategy.org.uk

ACTIVITIES & TRAINING

Bryncynon Strategy is working in Partnership with **Adult Learning Wales** and other providers on delivering much needed training and activity sessions if you are interest in any of the below or wish to make a suggestion for activities then we would love to hear from you.

- Food Hygiene
- First Aid
- Manual Handling
- Sugarcraft
- Welsh Classes
- Defibrillator training



To register your interest or to find out more please contact us on **01443 475120** or email nina@bryncynonstrategy.org.uk

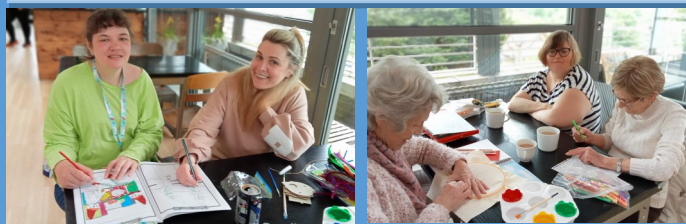


CRAFTY CREATIONS GROUP

A Free of charge group for people in the local area who are interested in:

- Knitting/Crocheting
- Needle Work Crafts
- Painting / Drawing
- Or Even just somewhere to come and have a chat.

No Previous experience or skills required to join in, just pop along on Friday Morning 10am-12pm



Meals at Home

A Freshly prepared weekly Meal delivered hot to your door, Available to anyone over 60 living within the Lower Cynon Valley

How does it work?

We contact individuals signed up to the service each week to give them the options available, our amazing volunteers will then deliver the meals directly to your door each Tuesday

What does it cost?

We have funding available from the National Lottery Community Fund which means the meals and delivery charges are subsidised, all we ask is small donation of **£2.00** per meal to contribute back to the costs and delivery of the food

The Strategy
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Contact our friendly team
01443 475120
nina@bryncynonstrategy.org.uk

www.bryncynonstrategy.org.uk



Hot Meal Delivery
Service for the Over 60's

HOT MEAL DELIVERY SERVICE

Our Hot Meal Delivery Service started during the pandemic, any many are continuing to utilise the service, we currently deliver over 130 meals each work to households within the Lower Cynon Valley, Many described this service as a lifeline with it not only being a means of getting a delicious nutritious meal but an opportunity to talk to our friendly staff and volunteer befrienders.

We currently offer this subsidised service with thanks to the **National Lottery**, we can accept a donation towards the costs of this as little as £2 per meal, that's including delivery! We currently deliver between Abercynon and Fernhill each Tuesday, Options vary each week but include traditional style home cooked meals such as Sausage Dinners, Cheese & Potato Pie, Cottage Pie, etc.

If you are interested in having a Hot Meal Delivered each week or would like to help us, please contact us on **01443 475120**

VOLUNTEERING

Volunteering is an essential element to all our projects, without volunteers we would not be able to do what we do, so we thank all our current and past volunteers for all their hard work and passion in helping us to fulfil the needs for the community.

Do you want to make a difference to your community?

It is a great opportunity to make friends, gain experience and qualifications and even a reference for employment?

We welcome people from all walks of life and backgrounds, and believe that everyone has skills and abilities to bring or bestow upon others and we would we would love to have you on our volunteer team!

Some of our Volunteer opportunities include:

- Driving and assisting the driver
- Helping to develop our social media and website
- Befriending – Visiting older people and being a caring presence in their lives
- Telephone befriending
- Admin support, helping with surveys etc.
- Helping with activities and events.
- Helping in our food pantry
- Helping out with our hot meal delivery service as and when required
- Fundraising
- Helping with front of house when the Café is open
- Assisting our Cook
- Gardening
- Caretaking/ Handyman/painting

We cover all reasonable incidental expenses, e.g. mileage and you can receive a hot meal from our café. You will have access to all activities and training provisions as required, we thrive on ensuring that everyone feels welcome and part of our team and vision going forward.

For more information please contact Nina on 01443 475120 or email nina@bryncynonstrategy.org.uk.



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WELCOME WEDNESDAYS

AT THE FEEL GOOD FACTORY

10am - 12pm

Free advice sessions, Food Pantry, Hair and Beauty Sessions,
Raffles, Tombola, Table Top Sales.

Refreshments available from Taffys Café

Contact us to find out more **01443 475120**
or email nina@bryncynonstrategy.org.uk

The Feel Good Factory
Abercynon Road
Ynysboeth
Mountain Ash, CF45 4XZ

WELCOME WEDNESDAY

Welcome Wednesday takes place weekly between 10 and 12 with energy and other advice sessions, a tombola, stalls and the students from Maesgwyn School offer free manicures, hand massages and hair styling during term time. Of course Taffy's Café is open too and there is a 10% discount on our delicious meals for over 60s. Accessibility has been identified as an issue so we have capacity to offer transport to and from the Feel Good Factory so that less mobile people can fully participate in all our events.

To arrange transport or to find out more, please contact us on 01443 475120

BREAKFAST	SHARING PLATTER	LIGHTER OPTIONS
Toast (2 Slice).....£0.60 Breakfast Roll/Sandwich..... (2 Items).....£2.00 (3 Items).....£2.30 (4 Items).....£2.50 (5 Items).....£2.80	Breakfast Pizza Box.....£15.00 6 Bacon, 6 Sausages, 4 Eggs, 6 Hash Browns, 6 Toast, 6 Black Pudding, Mushrooms, Chips, Beans & Tomatoes Jumbo Breakfast Pizza Box.....£20.00 10 Bacon, 10 Sausages, 8 Eggs, 10 Hash Browns, 10 Toast, 8 Black Pudding, Mushrooms, Chips, Beans & Tomatoes	All options include Salad of your choice Sandwich Roll Fritini Cheese & Onion.....£1.80 £2.00 £2.30 Cheese & Tomato.....£1.80 £2.00 £2.30 Tuna Mayo.....£2.00 £2.20 £2.50 Tuna & Cheese.....£2.20 £2.40 £2.70 Chicken Mayo.....£2.30 £2.50 £2.80 Chicken Tikka.....£2.30 £2.50 £2.80 Coronation Chicken.....£2.30 £2.50 £2.80 Barbecue Chicken.....£2.30 £2.50 £2.80
Traditional Breakfasts Small Breakfast.....£3.00 1 Bacon, 1 Sausage, 1 Egg, 1 Hash Brown, 1 toast, beans or tomatoes Medium Breakfast.....£4.50 2 Bacon, 2 Sausages, 1 Egg, 1 Hash Brown, 2 toast, beans or tomatoes Large Breakfast.....£6.00 2 Bacon, 2 Sausages, 2 Eggs, 2 Hash Browns, Mushrooms, 1 Black Pudding, 2 toast, beans or to- matoes Big Daddy Breakfast.....£7.50 3 Bacon, 3 Sausages, 2 Eggs, 2 Hash Browns, Mushrooms, 2 Black Pudding, Fried Bread, Toast, beans or tomatoes Vegetarian Breakfast.....£4.50 2 Vegetarian Sausages, 2 Egg, 2 Hash Brown, Mushrooms, 2 toast, beans or tomatoes Extra Breakfast Items Sausage / Bacon.....£0.70 Beans / Tomatoes.....£0.70 Vegetarian Sausage.....£0.90 Black Pudding (2).....£0.90 Egg / Hash Brown / Mushrooms / Fried Bread.....£0.50	HOT MEALS Chicken Curry & Chips or Rice.....£3.50 Chicken Curry, Rice & Chips.....£4.00 Mushroom Curry & Chips or Rice.....£3.50 Mushroom Curry, Rice & Chips.....£4.00 Sausage (2), Chips & Beans.....£3.50 Vegan Sausage(2), Chips & Beans.....£3.50 Sausage (2), Egg & Chips.....£3.50 EXTRA ITEMS Chips.....(Regular)£1.20 (Large)£1.50 Sausage.....£0.70 Crisps.....£0.70 Beans.....£0.70 Gravy.....£1.00 Chinese Curry Sauce.....£1.00 Grated Cheese.....£0.50 Bread & Butter (2 slice).....£0.50	HOT DRINKS Tea - £1.00 Espresso Shot £1.20 Americano - £1.70 Flat White - £2.00 Cappuccino - £2.00 Latte - £2.00 Hot Chocolate - £2.00 Syrups - 20p COLD DRINKS Cans - £1.00 Flavoured Water - 80p Bottled Water - 80p Cartons - 20p

Affordable Catering Services

A variety of options
from just £3.50 per person



DELICIOUS FOOD



BUDGET FRIENDLY



RELIABLE SERVICE

Who are we?
Taffys Café and Catering are a part of Bryncynon Community Revival Strategy Ltd, we are located in the Lower Ground Floor of the Feel Good Factory in Ynysboeth, Mountain Ash.

Why buy from us?
Not only will you get outstanding service at affordable pricing but 100% of the proceeds of you purchase will go back into the charity to continue to provide services and facilities for the area in which we are situated. So buying from us is effectively giving to charity, but where you get the end product you wanted!

For more information regarding our services call us on **01443 475120**
Visit our website www.taffys.co.uk

ART CLUB

From Beginners to Advanced come along and work with other aspiring artists to learn and develop your skills together.

£2 per session

WHERE
THE FEEL GOOD FACTORY
ABERCYNON ROAD, YNYSBOETH
MOUNTAIN ASH, CF45 4XZ

WHEN
FRIDAYS 10AM - 12PM

01443 475120

www.bryncynonstrategy.org.uk

Little Seeds

Baby and Toddler Group

All welcome come along make friends support your child's development

Songs and rhymes ,soft play ,arts crafts , ride on push along and lots more

£3 Per Baby/Child
Every Tuesday 9:15am - 11:15am
Snacks & refreshments

Bryncynon Community centre, Main Rd.
Ynysboeth, Abercynon, Mountain Ash
CF45 4BX

» For more info call Gill **01443 741035**

Be Active

BeActive with Dave - FREE ACTIVITIES



28 July 1.30 to 2pm - ½ hour "Chair Yoga"
Followed by afternoon tea

Thursday 4th, 11th and 18th August 11am to 12pm
Activities include "Kurling", "LIFT" (low impact functional training, Chair Yoga among others.

Thursday 25th August 1.30pm to 2.00pm
Followed by afternoon tea



Thursday 1st September 11am to 12pm
For further information and booking contact Kathryn **01443 475120** or Kathryn@bryncynonstrategy.org.uk